

## Full Report (All Nutrients) 20017, Corn flour, masa, enriched, white

Report Date: June 27, 2017 03:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Carbohydrate Factor: 4.03 Fat Factor: 8.37 Protein Factor:2.73 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 114g
<b>Proximates</b>					
Water <a href="#">1 2 3 4 5</a>	g	9.79	28	0.515	11.16
Energy	kcal	363	--	--	414
Energy	kJ	1517	--	--	1729
Protein <a href="#">1 2 3 4 5</a>	g	8.46	25	0.543	9.64
Total lipid (fat) <a href="#">1 2 3 4 5</a>	g	3.69	25	0.394	4.21
Ash <a href="#">1 2 3 4 5</a>	g	1.48	25	0.114	1.69
Carbohydrate, by difference	g	76.59	--	--	87.31
Fiber, total dietary <a href="#">2 3</a>	g	6.4	5	0.950	7.3
Sugars, total	g	1.61	--	--	1.84
Starch <a href="#">2</a>	g	66.00	2	--	75.24
<b>Minerals</b>					
Calcium, Ca <a href="#">2 3 4 5</a>	mg	138	23	33.235	157
Iron, Fe <a href="#">4 5</a>	mg	8.50	20	0.551	9.69
Magnesium, Mg <a href="#">2 3 5</a>	mg	93	4	8.725	106
Phosphorus, P <a href="#">1 2 3 5</a>	mg	231	5	20.122	263
Potassium, K <a href="#">1 2 3 4 5</a>	mg	262	8	26.799	299
Sodium, Na <a href="#">2 3 4 5</a>	mg	5	7	0.921	6
Zinc, Zn <a href="#">2 3 5 6</a>	mg	1.80	5	0.171	2.05
Copper, Cu <a href="#">2 3 5 6</a>	mg	0.209	5	0.048	0.238
Manganese, Mn <a href="#">2 3</a>	mg	0.376	3	0.049	0.429
Selenium, Se	µg	10.5	--	--	12.0

### Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 114g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin <a href="#">4</a> <a href="#">5</a>	mg	1.475	20	0.065	1.681
Riboflavin <a href="#">4</a> <a href="#">5</a>	mg	0.805	20	0.015	0.918
Niacin <a href="#">4</a> <a href="#">5</a>	mg	9.932	20	0.462	11.322
Pantothenic acid <a href="#">2</a> <a href="#">3</a>	mg	0.192	3	0.018	0.219
Vitamin B-6 <a href="#">2</a> <a href="#">5</a>	mg	0.475	3	0.035	0.541
Folate, total	µg	209	--	--	238
Folic acid	µg	180	--	--	205
Folate, food <a href="#">3</a> <a href="#">5</a>	µg	29	2	--	33
Folate, DFE	µg	335	--	--	382
Choline, total	mg	8.6	--	--	9.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE <a href="#">7</a>	µg	0	1	--	0
Retinol	µg	0	--	--	0
Carotene, beta <a href="#">7</a>	µg	2	1	--	2
Carotene, alpha <a href="#">7</a>	µg	0	1	--	0
Cryptoxanthin, beta <a href="#">7</a>	µg	2	1	--	2
Vitamin A, IU <a href="#">7</a>	IU	5	1	--	6
Lycopene <a href="#">7</a>	µg	0	1	--	0
Lutein + zeaxanthin <a href="#">7</a>	µg	6	1	--	7
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	0.14
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.532	--	--	0.606
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 114g
14:0	g	0.000	--	--	0.000
16:0	g	0.453	197	--	0.516
18:0	g	0.060	197	--	0.068
Fatty acids, total monounsaturated	g	0.997	--	--	1.137
16:1 undifferentiated	g	0.003	197	--	0.003
18:1 undifferentiated	g	0.994	197	--	1.133
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.724	--	--	1.965
18:2 undifferentiated	g	1.672	197	--	1.906
18:3 undifferentiated	g	0.052	197	--	0.059
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan <a href="#">2</a>	g	0.062	--	--	0.071
Threonine <a href="#">2</a>	g	0.245	--	--	0.279
Isoleucine <a href="#">2</a>	g	0.276	--	--	0.315
Leucine <a href="#">2</a>	g	1.025	--	--	1.168
Lysine <a href="#">2</a>	g	0.219	--	--	0.250
Methionine <a href="#">2</a>	g	0.167	--	--	0.190
Cystine <a href="#">2</a>	g	0.182	--	--	0.207
Phenylalanine <a href="#">2</a>	g	0.411	--	--	0.469
Tyrosine <a href="#">2</a>	g	0.229	--	--	0.261
Valine <a href="#">2</a>	g	0.380	--	--	0.433
Arginine <a href="#">2</a>	g	0.375	--	--	0.427
Histidine <a href="#">2</a>	g	0.260	--	--	0.296
Alanine <a href="#">2</a>	g	0.635	--	--	0.724
Aspartic acid <a href="#">2</a>	g	0.546	--	--	0.622
Glutamic acid <a href="#">2</a>	g	1.577	--	--	1.798

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 114g
Glycine <sup>2</sup>	g	0.313	--	--	0.357
Proline <sup>2</sup>	g	0.676	--	--	0.771
Serine <sup>2</sup>	g	0.416	--	--	0.474
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>A. Sanchez-Marroquín, A. Feria-Morales, S. Maya, V. Ramos-Moreno Processing, nutritional quality and sensory evaluation of amaranth enriched corn tortilla, 1987 Journal of Food Science 52 5

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Monitoring Nutrient Content of Selected Key Foods, 1992 Beltsville MD

<sup>4</sup>The Quaker Oats, Co. Quaker Oats product analyses, 1979

<sup>5</sup>The Quaker Oats, Co. Quaker Oats product analyses, 1986

<sup>6</sup>University of Texas at Austin Minerals in selected fruits and fruit juices, 1975

<sup>7</sup>Nutrient Data Laboratory, ARS, USDA Analysis of carotenoids in selected foods., 2002 Beltsville MD